GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

As parents we need to motivate children to eat for their best possible growth, health, and activity, rather than forcing rigid rules on them.

Guidelines for pleasant eating experiences for young children are as follows:

1. Give small amounts of food at first, and more as the child is ready. Too large servings can be the beginning of overeating and other problems.

2. A quiet time before meals lets the child slow down so he is ready to eat.

3. Snacks should be nutritious: milk, small pieces of fruit, cut-up raw vegetables, cheese cubes, crackers spread with cottage cheese or peanut butter, cereals. Sweet snacks, supply energy, but have little other food value.

4. Ask the child to take a tiny taste of a new or disliked food; for example ask him to eat only one pea. Encourage -- do not force -- the child to eat.

5. Be casual about foods, whether a child accepts or rejects them. Avoid forcing a child to eat, or making a fuss about it.

6. Grown-ups likes and dislikes are quickly noticed, and set a good example.

7. If no one pays special attention to a child's food quirks, the child will usually outgrow them.

8. Desserts that are served casually as part of the meal will not seem more desirable than other foods.

9. A child's appetite may vary from one meal to another, and from day to day. His rate of growth, his activities and how he feels, all influence how much he eats. If he is over tired, excited, in strange surroundings, or if his routine has been changed, his appetite may lag. Physicians now suggest that the child is usually a fairly good judge of how **much** food he can eat.

10. Don't coax, play games, or force the child to eat. Remember how much you dislike having food forced on you. Forcing food does not teach good food habits -- it only proves that you are bigger than the child.

11. Let the child serve himself. Let him help set the table and pour his milk.

12. Let the child feed himself. Expect him to be messy as he learns. He will gain skill with practice.

13. Don't expect adult standards in table manners. Children will imitate your "please" and "thank you."

14. Give young children food they can manage with their fingers -- small sandwiches, raw vegetable bits, meat cut in small pieces, etc.

If you have a homemaking question or problem. You may call or write the Appomattox County Extension Office (352-8244 or P.O. Box 488). Have a good week and Happy Thanksgiving!

RECIPE OF THE WEEK

Susan's Saucy Chicken Wings
2½-3 lbs. chicken wings
2 junior size jars apricot baby food
¾ cup of soy sauce

Wash chicken and place in baking dish. Empty baby food into mixing bowl. Measure soy sauce and blend with baby food. Pour sauce over chicken. Place in oven and bake for 1 hr., turning chicken when half done. This recipe is especially delicious served over rice. This is a great time saving recipe as it may be assembled a night in advance and allowed to marinade during the day before it's cooked. It may also be cooked in crock pot and other parts of chicken may be used. This delicious recipe won a blue ribbon in the Appomattox County Demonstration Contest for 4-H'er Susan Booker. She also won a blue ribbon and a first place purple ribbon on her fine demonstration techniques and excellent recipe. You will be interested in knowing that Susan was a fourth grader when she prepared this in 4-H Competition. Thanks Susan for sharing this recipe with us.

Jordan News

On Sunday afternoon at 3:30 the Annual Memorial Service for the Mattie T. West Scholarship Fund will be held at the Jordan Baptist Church. The public is invited to attend.

On the first Saturday in December 2, the Young Adult Choir will be having a supper at the Oakville School. Come by and buy your lunch supper. This will begin at 1 p.m.

Happy Thanksgiving!

MRS. LAYNE'S 4-H CLUB

The November meeting was called to order by Vice President Rhonda Morgan. Lora Thompson led the pledges. The minutes were read by secretary, Anthony Banks. Recreation leaders are Traci Paulette, Jeff Sayer, and Larry Hamlett. They lead us in some games. We talked about Share-The-Fun. Mrs. Marsh showed us some projects we could do. The meeting was adjourned by the vice president. Reporter Traci Moore

MRS. EYE'S 4-H

Kinckle Robinson, president, called the meeting to order on November 13, 1978, at 10 a.m. Barbara Rosser and Sherl Martin led us in the pledges. Tracey Trent, secretary, read us the minutes of the October meeting. The business was that next month Mr. Sweet will have the pine seedlings for any 4-H'er and who wants them. We were led in songs and games by our recreation leaders. This month's program was Christmas Creative Crafts. Miss Marsh presented us with different ideas for making our own Christmas gifts.

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Va. Jaycees Announce the Opening of Nominations For The Five Outstanding Young Men of Virginia

This marks the beginning of a ninth annual statewide search for five young men who best exemplify the Virginia tradition of achievement. The accomplishements of the recipients of this award are meant to challenge and inspire other young men by their example.

This year, the Five Outstanding Young Men Program is sponsored by Fidelity American Bank, the Virginia Jaycees and the Virginia JCI Senate. Nomination forms will be available, throughout the state, from each branch office of Fidelity American Bank, Local Jaycee Chapters, and may also be obtained by writing Philip W. Ceeley, Jr., Virginia Five Outstanding Young Men Award, C/O Portsmouth Jaycees, P.O. Box 132, Portsmouth, VA 23705.

The basic requirements for Nomination are that the nominee is between 18 and 35 years old and is a resident of Virginia. Nominees do not have to be members of the Jycees, though that does not preclude members of the organization from being considered for this honor. The deadline for nomination is January 1, 1979.

The nomination forms will be judged by a group of distinguished citizens representing various professions and geographic regions of Virginia. The recipients of this award will be honored at the Five Outstanding Young Men Awards Banquet to be held in historic Williamsburg on Saturday, February 17, 1979. There were over 600 people in attendance last year to honor last year's recipients.

The Outstanding Young Man Award Program has been in existence since 1941, the format was changed to the present Five Outstanding Young Men Award in 1970. The recipients of the award are chosen for many different types of accomplishments. Some of the winners from the last ten years are: Paul S. Trible, Jr., U.S. Congressman; R. Randal Vosbeck, Architect from Northern Virginia; John O. Marsh former U.S. Congressman and White House Aide; Richard Chase, Chaplain, for work with leukemia patients; Paul W. Pendorf, International Businessman from Portsmouth; George R. Bone, Hospital Administrator, from Petersburg; Donald E. Ellison, Industry Spokesman from Northern Virginia; William C. Foster from Tidewater, Vice President, Virginia National Bank and member of Board of Visitors at VPI & SU; the late J. Sargeant Reynolds, and the late Richard Obenshain.

Virginia recipients of the Five Outstanding Young Men award are encouraged to forward their nomination form to the Ten Outstanding Young Men Program sponsored by the U.S. Jaycees. Some of the notable Ten Outstanding Young Men award winners have been John F. Kennedy, Frank Church, Lt. Arthur P. Ashe, Jr., Robert F. Kennedy, Ralph Nader, Dr. Henry Kissinger, Leonard Bernstein, Edwin H. Land, Joe Lewis and there have been many more.

Your nomination of an Outstanding Young Man from your community will be the first step in the selection of the Five Outstanding Young Men of Virginia.

FILE FOLDERS, LEGAL PADS, ENVELOPES
THE Times-Virginian Court St. - Appomattox

Rocks

November 20 - So thankful for the wonderful rain last week. It was badly needed.

Glad Gloria Richardson returned home from the hospital last Thursday.

The Prayertime Circle had their meeting on Wednesday afternoon with Helen Inge.

Jim Taylor of Davenport, Iowa arrived here on Monday and has accepted a job in Lynchburg and will be living there.

The Rocks Homemakers Extension Club will meet on December 7 at 7:30 p.m. with Mrs. Joan Ranson for their Christmas party and exchange of gifts.

A number of parents went to the football game on Saturday.

Around 18 children gathered at Rocks Saturday afternoon for the Children's party given by Rev. Taylor. Several assisted him. They went over to the surrender grounds.

A number are planning to attend the Group I WMU Mission Study Class at Elon Church in Pamplin Monday, November 20.

A number attended the Paulette and Lester Wedding Saturday afternoon at the Memorial Methodist Church in Appomattox.

Mrs. Dorothy Garrett of Lynchburg was overnight guest of Mr. and Mrs. Toby Inge Saturday night and attended services at Rocks on Sunday.

Several from here went to the senior citizens meeting at Appomattox on Thursday morning.

BYW's will meet with Mrs. Ruth Caldwell on Monday night November 20.

Mrs. Alese Cumby was visiting Mrs. Clarence Richardson awhile Sunday afternoon.

Get well wishes go out to Glenn Martin who had to have his leg in a cast for 6 weeks. He gets about on it.

The hunting season right at hand, people are getting ready for the big day or big hunt. Be sure and be careful.

The opening of the dark tobacco market on November 28 is right at hand. Many are putting it on the market Saturday if not before. Hope it will sell well.

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Mrs. Knight's 4-H

Mrs. Knight's 4-H Club met on Tuesday, November 14, at 9 a.m. The meeting was called to order by the president, Darryl Hurt. Karen Trent and Melinda Dalton were chosen to lead the Pledge of Allegiance and the 4-H Pledge.

Crystal Ferguson and Denise Sloan, recreation leaders, conducted games and songs for the entire group.

Mrs. Shirley Walton presented a program "Christmas Creative Crafts." Each member was given a booklet of directions for making these fun things for Christmas.

Elroy Randolph, Reporter

Pamplin Elementary School Menu

Mon., Nov. 27 - Tomato soup w/crackers, Grilled cheese sandwich, fruit, milk.

Tues., Nov. 28 - Chicken barbecue, green beans, tossed salad, rolls, butter, milk.

Wed., Nov. 29 - Cheeseburgers, baked beans, fruit cocktail, yellow cake, milk.

Thurs., Nov. 30 - Corn dogs, French fries, turnip greens, brownies, milk.

Fri., Dec. 1 - Sausage, fried apples, corn on cob, sliced tomatoes, biscuits, milk.

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DEATHS

Ryland E. Phelps

Ryland Eddie Phelps, 61, of Concord, died at 2:45 p.m. Thursday, November 16, 1978, in Virginia Baptist Hospital after a short illness. His wife is Dorothy Singleton Phelps.

Born in Appomattox, he was a son of the late Howard W. Phelps and Edmonia Moore Phelps. He was an employee of Caskie Paper Co., an Army veteran of World War II, a member of Odd Fellows Lodge and a member of Calvary Baptist Church in Concord.

In addition to his wife, he is survived by a son, Kennth B. Phelps of Denton, Texas; two daughters, Mrs. Janice P. Eubank of Evington and Mrs. Audrey P. Brewer of Chesapeake; four brothers, Lenwood Phelps, Enid Phelps, Everette Phelps, all of Appomattox and Reginald Phelps of Lynchburg; two sisters, Mrs. Pauline Rice of Concord and Mrs. Edmonia Boyer of Cleveland, Ohio, and three grandchildren.

Funeral services were conducted at 2 p.m. Saturday at Calvary Baptist Church by the Rev. Frank Casper. Burial was in Fort Hill Memorial Park.

Whitten Timberlake Chapel was in charge of arrangements.

Those wishing to make memorials please consider the Calvary Baptist Church of Gideon Memorial Bible Plan.

Mrs. John W. Childress

GLADSTONE - Lena Burks Childress, 82, of Rt. 2, Gladstone, died at 1:30 a.m. Tuesday in Lynchburg General Hospital. She was the widow of John William Childress.

Born in Buckingham County, she was a daughter of the late Clifford Winston Burks and Mattie Frances Berkley Burks. She was a member of Maple Grove Pentecostal Holiness Church.

She is survived by three daughters, Mrs. R. C. Bryant of Madison Heights, Mrs. H. E. Bryant of Wingina and Mrs. Howard Ray Moore of Concord; four sons, Clifford (Buck) Childress of Kane, Pa., William Childress and Jerry Childress, both of Gladstone, and Calvin Childress of Appomattox; one sister, Mrs. Thomas Gunter of Gladstone; two brothers, Walter Burks and Ivy Burks, both of Gladstone; 20 grandchildren, and 26 great-grandchildren.

Funeral services will be conducted at 11 a.m. Thursday from Robinson Funeral Home with interment in the Burks family cemetery.

The family will receive friends at the funeral home from 7 to 9 p.m. Wednesday and at other times at her residence.

THEN and NOW

A lot more progress than many people realize has been made in energy conservation in the last few years.

THEN: Back in 1973, truck and bus manufacturers and users were interested in saving energy. By having fuel conserving devices installed on new large trucks and buses, they saved 39 million gallons.

NOW: Over the past five years, the trucking industry's voluntary efforts have managed to save over 1.7 billion gallons of fuel, thanks to a variety of new conservation devices and methods. This, the Motor Vehicle Manufacturers Association points out, also saves money and so helps fight inflation.

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APPOMATTOX REPRESENTED AT NATIONAL FFA CONVENTION

Continued From Page 1

The week closed Friday night with the Firestone Show, given by the Firestone Company which introduced an array of entertainers singing and dancing.

The National FFA convention is the highlight of every year. Appomattox is proud to be able to participate in this event.

WORKSHOP ON ALCOHOLISM AND TEENAGE DRINKING HELD MONDAY

Continued From Page 1

He said that it is surprising how many parents do not think of alcohol as a DRUG. When a child gets in trouble drinking, many parents seem to be thinking "Thank God it isn't drugs." Apparently they prefer their children get "high" on alcohol or beer rather than marijuana or some other drug. One can be as addictive as the other.

Sgt. Fraley said there is no simple solution to the problem - alcohol is here to stay. Educational programs in schools may be the most effective approach to the problem.

"To me the real solution has to lie with each individual. They have to take the responsibility upon themselves to NOT drink and drive," he stated. "And yet many, many people are willing to take this chance, operating under the favorite flase impression - 'It can't happen to Me.' Belive me it can happen to you and to me."

In conclusion, Fraley said that if the present accident trend continues, one out of every two people in this country will be injured or killed in a traffic accident. **"Think about that.** That really reduces the number of "other guys" - think of your family and divide it in half - look at the person sitting next to you and think -

Virginians Go To Chicago

Forty-seven Virginia 4-H'ers will be contending for more than a quarter-million dollars worth of scholarships being awarded during the 57th National 4-H Congress, November 26-30 at the Conrad Hilton Hotel.

Miss Laurie H. McLean of Appomattox County High School will be competing with her clothing project. Laurie is the daughter of Mr. and Mrs. John McLean.

The Virginians will be among more than 1,600 state, regional and national winners from 50 states, the District of Columbia and Puerto Rico attending this year's congress. The theme of the congress is "4-H Freedom To Be," and a special highlight of this year's congress is

one of us."

A question and answer period followed the program.

exploration of a major national concern - energy.

Accompanying the delegates will be 4-H Director Kenneth E. Dawson; Robert W. Blanton, program leader; Virginia State College Extension leaders, Rudolph Powell and Yvette G. Robinson; Virginia Tech Extension leader, Evangeline C. Swain; Extension agents Johns W. Baily, Powhatan County, and Mary Elizabeth Barger, Augusta County; and William Knick, Jr., Rockbridge, president of the Virginia Association of Adult 4-H Leaders.

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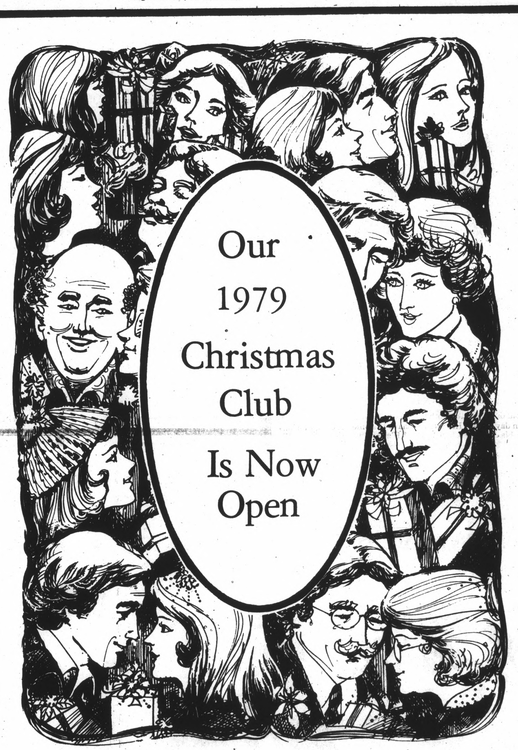

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